

Kansas City Blazers Newsletter

SEPTEMBER 2025



Committed to excellence since 1975



Messege From Head Coach

GEORGE ADCOCK



Welcome to the 2025-26 Kansas City Blazers

We have already had a busy start to the season. Our 50th anniversary Gala and Picnic were a great reminder of the History of the Blazers. The lasting thread through those events was the impact of community. With so much going on in the wider landscape, having a place to connect with our community and celebrate a shared interest is important.

Congratulations to all out athletes who were recognized by Missouri Valley in the Top 5 awards and All Academic Teams.

We are all looking forward to our Ann Ketterer meet this weekend. This is an opportunity to see new friendships blossom and old ones strengthen within the team for both athletes and families. Thank you in advance to all those that have volunteered to help make the meet run smoothly.

The start of a season is a great place to be filled with optimism and hope, opportunity is in front of us. There will be ups and downs on this journey, however we will all end in a better place working together & supporting each other.

I am excited to see where we can go together. That journey has already begun!

See you poolside, lets go Blazers!

George Adcock

Blazer Summer Highlights

THE BLAZERS ARE CONTINUOUSLY PERFORMING FAST AND STRONG! CHECK OUT LATEST SEASON HIGHLIGHTS AND FIND MORE INFORMATION ABOUT THE END OF 2025 SUMMER SEASON!



MV Senior Champs

Congratulations to the Blazers for placing 1st at the Missouri Valley Senior Champs Meet which was held in Wichita July 17-20. The Blazers scored over 400 more points than the second place team! The Blazers were full of team spirit all weekend as they cheered at the end of the lanes during races and for their teammates as they accepted their medals on the podium.

Congratulations to **Miles Tomsic** and **Avery Johnson** who both earned a trophy for 3rd place overall high point! Shout out to **Sam Richardson** who swam a blazing time of 24.74 in the 50 free to earn a new Sectional qualifying time! Special congratulations to the following swimmers who were crowned Missouri Valley Senior Champions in their respective events:

Individual

Kaya Alvegaard-Struble: 200 back

Emmy Barrett: 100 back

Leighton Bequette: 50 breast

Jadyn Bruch: 1500 free

Casey Carpenter-Ross: 100 free and 50 free

Avery Johnson: 800 free

Angela McCoy: 100 fly and 200 fly

Miles Tomsic: 50 back, 100 back and 200 IM

Relays

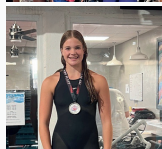
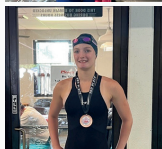
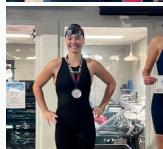
Boys 400 Medley - Casey Carpenter-Ross, Sam Richardson, Miles Tomsic, Nolan Quinn

Boys 400 Free - Casey Carpenter-Ross, Sam Richardson, Nolan Quinn, Miles Tomsic

Girls 400 Medley - Emmy Barrett, Leighton Bequette, Angela McCoy, Maggie Dahl

Girls 200 Medley - Ashlyn Hines, Leighton Bequette, Angela McCoy, Maggie Dahl

Girls 200 Free - Jadyn Bruch, Leighton Bequette, Greta Reardon, Ashlyn Hines



MV 14 & Under Districts

A Splash of Victory and Team Spirit!

What-A-Meet! Our team brought the energy, the focus, and most of all—the heart—to this year's District Championship Swim Meet, and it showed in every single race!

From the very first whistle to the final touch of the wall, our swimmers were **ON FIRE**. The competition was fierce, but our team rose to the occasion in true champion style, delivering an unforgettable performance across all events.

Podium Power:

TWELVE 1st place finishes – gold domination!

FIFTEEN 2nd place finishes – just a fingertip away!

SIXTEEN 3rd place finishes – still standing proud on the podium!

And an incredible 62 finishes in the 4th through 8th range – showing our depth, grit, and consistency in every heat!

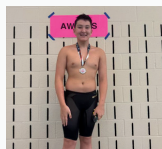
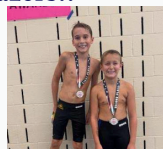
Champs Cuts Attained

Kiley Barikmo, Anna Cribbs, Claire Chipko, Ella Taylor, Loretta Johnson, Monroe Godson, Kelee Senjel, Annalynn White, Ben LaRoque, Ben Rollins, Asher Bond, Elsie Urbauer, Nancy Logan, Nora Jacob, Leonora Lynch, Abby Keim, Charlotte Feingold, Jackie Jensen, Summer Waddell, Levi Ross, Michael Arlesic, Luke Rollins, Simon Schraeder, Barrett Price, Graeme Ashley, Avery Pitluck, Zoe Hatfield, Valaria Gist, Harper Mahoney, Diego Leon, & Sawyer Vu!

But the highlight that had everyone on their feet? The entire team rallying poolside for the youngest swimmer in the 100-meter butterfly! The crowd went wild as he powered through the water with heart and determination. His courage and drive had every teammate cheering and the whole pool deck inspired.

From first-time district competitors to seasoned veterans, every swimmer contributed to this wave of success. This meet wasn't just about medals—it was about unity, passion, and the unstoppable energy of a team that believes in each other. Let's carry this momentum forward and keep making waves—onward to Champs!

GO Blazers!!



Blazer Summer Highlights



MV 14 & Under Champs

What-a-weekend for 14 & Under Swimmers! This was a long anticipated meet which did not disappoint. Blazers had put in some serious work since April in preparation for the end of the Summer Championship meet.

The Blazers had 91 athletes compete at MV LCM Age Group Champs - the highest number in recent years. We had an excellent showing, fast swimming which resulted in the Blazers winning the meet by over 2000 points.

We had countless athletes on the podium over the weekend in individual and relay events.

Additionally, Blazers took home 4 out of 6 Individual age group Champion banners! KCB proudly celebrates our champion banners in the following age groups: 10 & under Girls, 10 & under Boys, 11-12 Girls and 11-12 Boys. Our 13-14 Girls and Boys categories came close as runner ups. Congratulations to an awesome group effort across all the age groups!!

Congratulations to our High Point Trophy winners:

10&Under Boys: *Landon Hartman 3rd*

11-12 Boys: *Grant Hartman 1st, Henry Tritsch 2nd, Charlie Rider 3rd*

13-14 Girls - *Amber Stringer 3rd*

KCB ended the weekend with over **20 Zones qualifiers**, many for the first time. This has been the biggest group of Zone qualifiers in recent years.

Team Record Breakers:

Jan Karlisle Beltran - *50 breaststroke 31.87*

11-12 Boys Relays:

200 Medley: *Henry Tritsch, Declan Joswara, Grant Hartman, Charlie Rider*

200 Free: *Charlie Rider, Grant Hartman, Declan Joswara, Henry Tritsch*

Overall Blazers dominated this summer not only in Missouri Valley but even outside of our region! Every single swimmer should be proud of their achievements this season.

We had some highs and lows this summer but together we accomplished a lot, learned a lot, and grew to be better athletes and teammates. The support has been great for the swimmers, families and for the coaches - Thank you!

Remember that through support and positivity we can achieve anything.

Region 8 Sectionals

We had 16 swimmers participate in this Summer's Region VIII Sectional meet, 13 competed in individual events. By the end of the weekend every individual qualifier had made at least one Final. Among non-college teams we finished 12th overall moving up 7 spots from our team place in the Spring. Our girls finished 8th (moving up 5 spots) and our boys finished 19th (moving up 8 spots).

We had some fantastic individual performances as well: Miles Tomsic broke a minute in the 100 Fly for the first time, Ashlyn Hines got her first Sectional cut time trialing the 50 Free, Maggie Dahl got her Sectional cut in the 400 Free, Casey Carpenter-Ross qualified for USA Swimming Futures in the 200 Free, Andrew Martin qualified for USA Swimming Futures in the 200 Back and Abby Stidham-Ebberts got her first USA Swimming Summer Junior National cut in the 100 Breast.

Just a fantastic weekend for the Blazers at the Sectional meet, and we left that weekend feeling great about what we can accomplish as a team next Spring!

USA Swimming Futures

Three Blazer swimmers qualified for and participated at the USA Swimming Futures meet in Madison, WI, Casey Carpenter-Ross, Andrew Martin & Abby Stidham-Ebberts. There are five sites for Futures and the Wisconsin site was by far the largest. There were over 120 teams and 800 athletes at the site. It was an amazing experience for these three swimmers at a national level meet. Abby made Finals in the 100 Breast and 50 Breast, no small feat given the number of athletes at the meet!

Summer Juniors

Abby Stidham-Ebberts traveled to Irvine, CA to represent the Kansas City Blazers at this year's Summer Junior Nationals. Abby competed in the 50 Breast and 100 Breast. Abby went a best time in the 50 breaststroke, finishing 50th overall and breaking the LSC Record in the 15-16 50 Breaststroke going 33.52!!





Summer Meets



Ragnarok

Blazers traveled to Joplin, MO for the 4th year in a row to attend the Ragnarok meet. The Blazers had a little over 90 athletes traveling and swimming for this meet.

Blazers dominated the meet with numerous hardware and awards. The Blazers scored the most points and won the meet with 774.5pts and outscored the second place team by 348 points! For the first time, Blazers received a second trophy at the meet for the highest percentage of most improved times based from all our athlete swims. This calculated out to 49% best times from a total of 700+ KCB swims from the whole weekend. We had countless top 8 finishes which included 124 top 3 finishes (56 of them were 1st place finishes).

We had athletes that won individual high point award trophies in these following age groups:

8&under - Luke Rollins

9-10 year old Girl - Kayleen Lee

9-10 year old - Landon Hartman

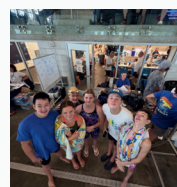
11-12 year old Boy - Grant Hartman

13-14 year old - Jan Karlisle Beltran

15&Over - Lilly Wheeler

Hulk Sprint Award Girls - Anna Nazdryn

Hulk Sprint Award Boys - Jan Karlisle Beltran



14&Under ZONES

What is Zones?

Zones is a big Championship meet for 14&under swimmers. Each LSC compiles a team of its fastest age group swimmers to compete against other LSCs in the same zone, and these swimmers compete under the name of their LSC (not their clubs). Our LSC is Missouri Valley and we are part of the Central Zone.

Central Zone is one of the four zones of USA Swimming, consisting of: *Arkansas, Illinois, Indiana, Iowa, Lake Erie, Michigan, Midwestern, Minnesota, Missouri Valley, North Dakota, Ohio, Oklahoma, Ozark, South Dakota and Wisconsin.*

How do athletes qualify?

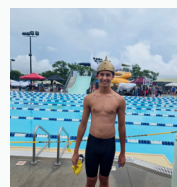
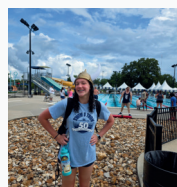
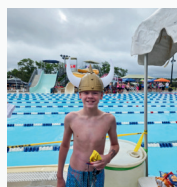
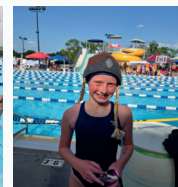
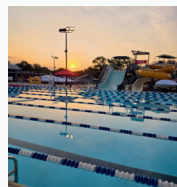
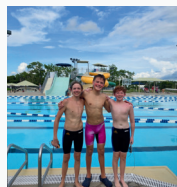
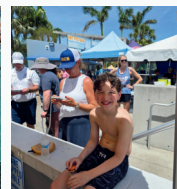
To qualify for Zones swimmers need to achieve at least one triple A time (AAA) in their corresponding age group (*10&under, 11-12, 13-14*) found at [USA Swimming Motivational Time Standards.](#)

Blazers at 2025 Zones

Coach Uldis was serving as Head Coach and coach Rhys was selected as an assistant coach for this year's Zones team.

Blazers had the biggest representation from Missouri Valley at this meet - 18 athletes.

Way to go Blazers!!



2025-2026 Season

Meet Schedule

[Click Here to see the swim meet schedule](#)

Celebrate Fall with Your Teammates!

All Blazers ages 13 & up are invited to Shelter 2 in Shawnee Mission Park immediately following the Swim-A-Thon on Friday, October 17th.

We'll have pizza, games, and a bonfire!
Look for more details in your email.



Team Photography Day

Date: Friday, October 10, 2025

Location: SMAC

Time: During regular practice sessions

AG1, AG2, and J2 swimmers should arrive ready for pictures at 5:45 PM. Each practice group will be photographed together. There will also be time for sibling and friend photos.

Please watch your email for additional information that will include important prep instructions and information on how to pre-order your photos.

Annual Parent Meeting

While the swimmers are busy with practice and photo sessions, parents are invited to attend our Annual Parent Meeting hosted by the **KCB Parent Board**.

Date: Friday, October 10, 2025

Time: 5:45pm-6:30pm

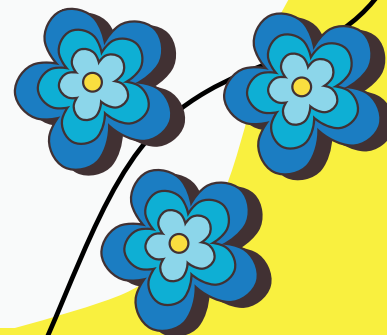
Location: Lenexa Hills Elementary School
8650 Haven St., Lenexa, KS — just down the street from SMAC

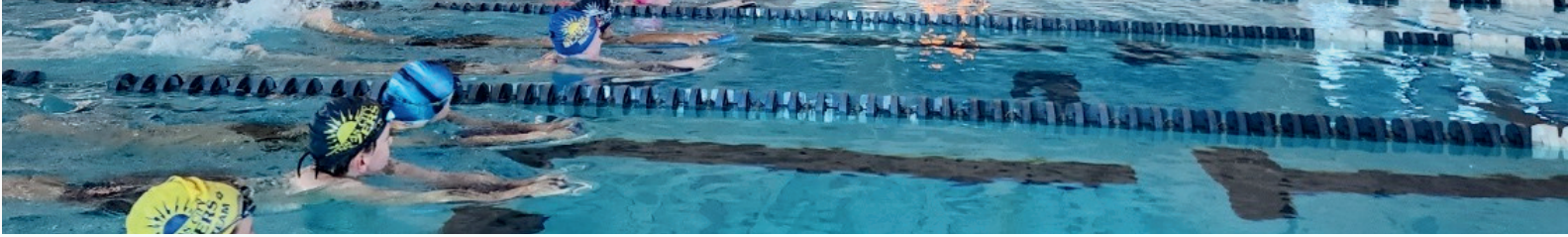
This is a great opportunity to hear team updates, meet other parents, and learn how you can get involved.

Team Suit

New team swimsuits are coming! TW Custom Branding is handling them. Check out the online store.

[TW Custom Branding](#)





IMX / IMR Information

From USA Swimming Website: "IM Xtreme is a program that allows USA Swimming members to track their times (or coaches to track their team's times) against swimmers all across the nation! Just by swimming a specific program of events, you can see where you rank against your teammates, your region, and yes, even across the USA!"

"IM Ready is the little brother of IM Xtreme, tailored toward our younger swimmers. Does 200 yards seem a little much?"

Then start getting 'IM Ready' by swimming shorter distances and keeping track of your improvements"

If you are interested to see the specific events for IMX and IMR in your swimmer's age group you can [find the list here](#).



&



Below, we've listed the line-up by age groups.

10&Under

100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

11-12 Year Olds

200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

13&Over

200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

Ready to move forward? The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances.

10&Under

200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-12 Year Olds

500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

13&Over

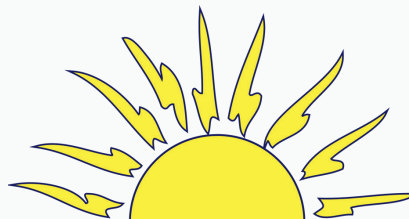
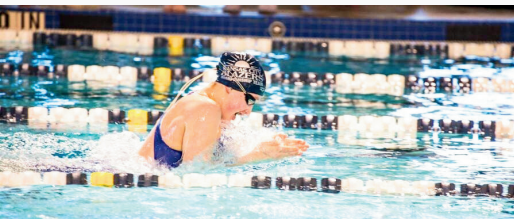
500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

Why Do the Blazers Focus on IMX/IMR

Not only is IMX/IMR a great way to see how swimmers compare to other swimmers in their age group, it is also a great evaluating tool for us coaches. We believe in developing well rounded swimmers that can compete in an array of strokes and distances. Using the IMX/IMR events, we coaches can evaluate how well our swimmers are implementing the skills we are teaching in practice. We can look for patterns, either with times or with common mistakes our swimmers are making with their technique.

IMX/IMR events also encourage swimmers to step out of their comfort zone and try new events. Swimming the 400/500 Free, the 200/400 IM, or the 100/200 Fly can seem overwhelming for kids, but using the IMX/IMR events provides us an opportunity to try them. When swimmers know they are working towards completing a specific goal it helps focus and guide them during practices.

Additionally, all Blazer swimmers who complete IMX or IMR will receive a bag tag to represent their achievement.





Parent/Swimmer Corner

What to expect at the swim meet

[CLICK HERE FOR INFORMATION](#)

Swim Meet Information

[CLICK HERE FOR INFORMATION](#)

Swim Meet Reminders:

Parents are **NOT** allowed in the hallway leading to the pool deck or on the pool deck at any time unless they are volunteering for that session.

Parents are **NOT** allowed to take pictures or videos from behind the blocks, and this includes the glass windows above the pool. If the officials see it happening, they will ask for it to stop and if it becomes a persistent problem, the person breaking the rule will be asked to leave.

Parents are **NOT** allowed in the locker rooms during meets. The locker rooms are for **athletes ONLY**.



Meet the Coaching Staff

[CLICK HERE FOR INFORMATION](#)

Coaches Office Hours

Blazers full time coaches are employees of JCPRD, as such they follow JCPRD employment policies.

Each coach will have scheduled office hours that will be listed on their group pages. Correspondence outside of these hours may be delayed as it is possible that it is received outside scheduled work hours for the week.

We strive to answer your correspondence as swiftly as we can and appreciate your patience.

Meet The Parent Board

[CLICK HERE FOR INFORMATION](#)

Save The Date

[CLICK HERE FOR INFORMATION](#)

Friday, October 17th, 2025

Shawnee Mission Aquatic Center

Swim-a-Thon is Kansas City Blazers' single largest fundraiser. Prior to the actual Swim-A-Thon event, swimmers will obtain pledges either per lap or as a flat donation from family, friends, or neighbors. On the day of the event, swimmers swim as many laps as they can in designated time, with the goal of completing 100 laps or 200 laps.

Our team keeps 95% of the funds raised. Funds raised go towards the basic needs of the team including increasing pool rental costs, training aids, coaches training, and swimmer rewards. The remaining 5% goes to USA Swimming to support nationwide initiatives including Coaches Clinics, Leadership Conferences, Make a Splash Foundation, and supporting the National Team Athletes and Coaches.

2024 Fundraising Requirements

Age Group I & II: Responsible for \$100 in donations.

Junior II: Responsible for \$100 in donations.

Junior I, Senior, Pre-National & National: Responsible for \$150 in donations

Blazers Chain of Command

If you have concerns regarding your swimmer or the team.

Please follow the below chain of command.

This ensures that we are best able to help allay or rectify any concerns in a concise manner.

We strive to provide a positive environment where Blazers swimmers and families can reach their full potential in and out of the pool.

Chain Of Command:

1. Lead Site Coach
2. Lead Group Coach or Business Manager for Financial questions.
3. Head Coach
4. Santa Fe Trail Blazers Association Board Member(s) (SFTBA)
5. Board President
6. JCPRD Superintendent of Recreation

Parent/Swimmer Corner

US Center for SafeSport



USA Swimming and the Kansas City Blazers are committed to fostering a fun, healthy and safe environment for all its members. The Kansas City Blazers, USA Swimming and the US Center for SafeSport have policies and procedures in place to ensure the best possible environment for all its members.

The Blazers have a page on our website dedicated to USA Swimming and Blazer policies and procedures. We encourage all members to visit the page and read through the various documents provided.

[Please view the Safe Sport Page for more information](#)

USA Swimming also offers parent and athlete education courses to better understand what SafeSport is and how it works. Parents and athletes can take these courses through their USA Swimming account or they can join one of the trainings provided by USA Swimming.

To access these courses through your USA Swimming account, log in and click on the education tab, then click on course catalog. The parents' training is titled "Parents Guide to Misconduct in Sport" and the training for athletes aged 13-17 is titled "SafeSport for Youth Athletes". There is a course offered for athletes aged 5-12 titled "SafeSport for Kids" for any families interested in taking it.

The USA Swimming offered training dates are below:

Parent Trainings

Tuesday October 21 @ 8:00 PM ET - [REGISTER](#)
Tuesday November 4 @ 8:00 PM ET - [REGISTER](#)
Tuesday December 9 @ 8:00 PM ET - [REGISTER](#)

Athlete Trainings

Thursday October 23 @ 8:00 PM ET - [REGISTER](#)
Thursday November 6 @ 8:00 PM ET - [REGISTER](#)
Thursday December 11 @ 8:00 PM - [REGISTER](#)

U.S. CENTER FOR SAFESPORT

The Center has exclusive jurisdiction for all issues dealing with:

- Sexual Misconduct
- Sexual Harassment
- Sexually Explicit/Inappropriate Communication through Social Media

You can also report issues dealing with:

- Physical or Emotional Misconduct
- Violation of the Minor Athlete Abuse Prevention Policy

Report your concern to U.S. Center for SafeSport using the following:

USA SWIMMING

For all issues dealing with:

- Criminal Charges
- Physical or Emotional Misconduct
- USA Swimming Code of Conduct Violations
- Violations of USA Swimming Safe Sport Policies including USA Swimming's Minor Athlete Abuse Prevention Policy

Report your concern to USA Swimming using the following links. Reports may be made anonymously and there is no cost/fee associated with filing a report.

YOUR CLUB

For all issues dealing with:

- Peer-to-Peer Bullying
- Adult-to-Athlete Bullying
- Parent Issues/Parent Complaints
- Violations of team rules and team code of conduct
- Violations of the team policies including the team's Minor Athlete Abuse Prevention Policy

Please make a report to your team. You can use the provided letter to assist you in beginning this process.

Parent/Swimmer Corner

Officials



Junior Officials

Congratulations to **Andy Buchwitz** and **Ronnie Benford** for becoming the Blazers first Junior Officials! Any 16 or 17-year-old can become a Junior Official by completing required training. Junior Officials learn the responsibilities of a Stroke & Turn official and serve as a leader and role model for 12 & Under swimmers. If you are interested, please reach out to Bill Gazda at gazda21@icloud.com

Officials

WHY BECOME A USA SWIMMING OFFICIAL?

Officials have the best deck position for watching everyone swim. Officiating is an easy way to satisfy your volunteer obligation. Officials get other perks too such as free meals during the meet and access to printed heat sheets! No swimming experience is required to become a USA Swimming official! For more information contact Bill Gazda (gazda21@icloud.com).

How to Become an Official



Athletes the path we ask you to take:

- Be coachable (Curious). This applies to athletes, parents and coaches.
- Care for your environment. Be a fountain (Attitude/Leadership) Do your actions/attitude/words make your environment better for all?
- Try to be better than yesterday. (Effort) Honor your dreams and goals, by taking a step towards them everyday. No one can stop you from taking that step, as it is only yours to make.
- Understand that "there's no failure in sports, it's not failure it's steps to success (*Giannis Antetokounmpo - Video*)
- Analyze reasons, don't make excuses, then make changes. (Honesty/Responsibility)

Articles to read & Videos to watch

[Caffeine & Athletic Performance](#) [How to Help Your Swimmer Have a Great Mindset](#)

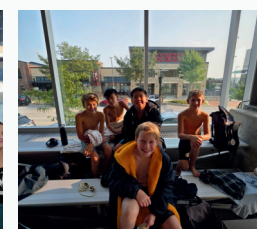
[Be Smart about social Media](#)

[A Swim Parent Guide to Supporting Your Swimmer](#)

What To Wear during a swim meet:

[Article #1](#) ; [Article #2](#)

[Video: Not Good Enough](#)



Additional Content

Blazers, now more than ever we need your support! Our team is growing quickly and so are the number of opportunities for our club to host and run swim meets for athletes to race and continue to better their performance and experience overall! This is where YOU come in! Given our long-standing reputation for hosting well-run swim meets both on the local and regional level, consider becoming an official and help the Blazers continue to offer premier competitive opportunities that benefit our swimmers and the community!

Volunteering

2025-2026 SEASON

Please visit our [Volunteer Page](#) for more information on your Volunteer Requirements.

Volunteers will be needed for any Blazers hosted meets. Descriptions of the Volunteer Positions can be found [here](#).

To check your outstanding volunteer hours, login to Sports Engine. Then choose My Account, Account Information and scroll to the Service Hours Tab.



Blazer Booster

WHAT IS A BLAZER BOOSTER

The Blazers Booster Program gives parents the ability to directly impact the overall team experience by assisting in funding coaching development and equipment to assure our program offers quality experiences to the swimmers and fans. A new sound system, starter horn, public address system, are some examples of equipment that is needed. Click the link for a list of more specific benefits for the two levels of Booster supporters.

[Support KCB - Blazers Booster Program](#)

Missouri Valley Swimming

LSC



Time Standards, meet information and general information about our LSC (Local Swimming Committee).

[MoVal Swimming](#).



Get Your Gear

TW STORE

Don't forget to get your Blazer's Team Suit and equipment! TeamStore is ready - [TW Custom Branding](#).

Our Proud Partnerships:

